# Hanuman chalisa
# ( 40 verses in praise of Lord Hanuman)

**Ref: Google Gemini**

**Hanuman Chalisa**. This 40-verse hymn is not just a piece of literature; it is a spiritual anchor for millions, blending deep devotion with poetic brilliance.

Here is the structured essay based on your specific requirements.

## 1. Introduction

The **Hanuman Chalisa** is a devotional hymn (Stotra) addressed to Lord Hanuman. It was composed by the legendary poet-saint **Goswami Tulsidas** in the 16th century.

- **When and Where:** It was written during the Mughal era, likely in the early 1600s. While Tulsidas spent much of his life in **Varanasi**, tradition suggests the seeds of this composition were sown in **Gwalior/Delhi**.
- **Circumstances:** According to popular legend, the Mughal Emperor Akbar (or his successor Jahangir, in some versions) imprisoned Tulsidas after he refused to perform a miracle. While in prison, Tulsidas composed these 40 verses in praise of Hanuman. It is said that upon its completion, an army of monkeys descended upon the city, causing such chaos that the Emperor released the saint immediately.

## 2. Importance of Hanuman Chalisa

The Chalisa is written in **Awadhi**, a dialect of Hindi, making it accessible to the common person compared to complex Sanskrit texts. Its importance lies in its ability to:

- Simplify the complex philosophy of the *Ramayana* into a short prayer.
- Act as a "Mantra" for courage, strength, and protection.
- Bridge the gap between the devotee and the Divine through the archetype of the "Ideal Servant" (Hanuman).

## 3. Selected Verses (Devanagari & English)

While the full text contains 40 verses plus introductory/concluding couplets, here are the most pivotal sections:

| Verse Type | Devanagari Script | English Translation |
|---|---|---|
| Opening | श्रीगुरु चरन सरोज रज, निज मनु मुकुरु सुधारि। | Having cleansed the mirror of my mind with dust of my Master's lotus feet. |
| Verse 1 | जय हनुमान ज्ञान गुन सागर। जय कपीस तिहुँ लोक उजागर॥ | Victory to Hanuman, the ocean of wisdom a virtue. Victory to the Lord of Monkeys who illuminates the three worlds. |
| Verse 11 | लाय संजीवन लखन जियाये। श्रीरघुबीर हरषि उर लाये॥ | You brought the Sanjivani herb and revived Lakshman; Lord Rama embraced you with j |
| Verse 38 | जो यह पढ़ै हनुमान चालीसा। होय सिद्धि साखी गौरीसा॥ | Whoever recites this Hanuman Chalisa will success; Lord Shiva is the witness to this. |

# 4. Who Should Recite & Recitation Rules

The beauty of the Hanuman Chalisa is its universality.

- **Who:** Anyone—regardless of age, gender, or social standing—can recite it.
- **Rules:** While pure devotion is the primary requirement, traditional practitioners suggest:
    - **Purity:** Bathing and wearing clean clothes before recitation.
    - **Timing:** Tuesdays and Saturdays are considered particularly auspicious.
    - **Posture:** Sitting on a clean mat (Asana) facing East or North.
    - **Focus:** Lighting a lamp (Diya) with ghee or mustard oil to create a spiritual atmosphere.

# 5. Benefits of Recitation

Devotees believe that sincere chanting brings several metaphysical and physical benefits:

- **Removal of Fear:** It is famously used to ward off bad dreams, phobias, and "evil spirits."
- **Mental Clarity:** It helps reduce the effects of *Shani* (Saturn) and brings peace to a restless mind.
- **Physical Strength:** It is believed to aid in recovery from illnesses and provides "Prana" (vital energy).
- **Problem Solving:** The line *"Sankat kate mite sab peera"* suggests that all hurdles and pains vanish through its grace.

# 6. The Role of Hanuman as a "Sankat Mochan"

An important point to conclude with is the concept of **Sankat Mochan** (the Liberator from Troubles). In Hindu philosophy, Hanuman represents the controlled mind and perfect breath (Prana). By reciting the Chalisa, a devotee isn't just asking a deity for help; they are tuning their own internal energy to match Hanuman's qualities: **selfless service, humility, and indestructible willpower.**

# Shri Hanuman Chalisa: Verse-by-Verse Translation

## Opening Couplets (Dohas)

श्रीगुरु चरन सरोज रज, निज मनु मुकुरु सुधारि।

बरनऊँ रघुबर बिमल जसु, जो दायकु फल चारि॥

*Cleansing the mirror of my mind with the dust of my Guru's lotus feet, I narrate the pure glory of Lord Rama, which bestows the four fruits of life (Dharma, Artha, Kama, and Moksha).*

बुद्धिहीन तनु जानिके, सुमिरौं पवन-कुमार।

बल बुधि बिद्या देहु मोहिं, हरहु कलेस बिकार॥

*Knowing myself to be ignorant, I meditate upon you, O Son of the Wind! Grant me strength, wisdom, and knowledge, and remove my miseries and flaws.*

## The 40 Verses (Chaupais)

**1.** जय हनुमान ज्ञान गुन सागर। जय कपीस तिहुँ लोक उजागर॥

*Victory to Hanuman, the ocean of wisdom and virtue. Victory to the Lord of Monkeys who illuminates the three worlds.*

**2.** राम दूत अतुलित बल धामा। अंजनि-पुत्र पवनसुत नामा॥

*You are the messenger of Rama, the abode of immeasurable strength. You are known as the son of Anjani and the Son of the Wind.*

**3.** महाबीर बिक्रम बजरंगी। कुमति निवार सुमति के संगी॥

*O great hero, you are mighty and powerful. You dispel wicked thoughts and are the companion of those with good intellect.*

**4.** कंचन बरन बिराज सुबेसा। कानन कुंडल कुंचित केसा॥

*Your complexion is golden, and you look beautiful in your attire, with rings in your ears and curly hair.*

**5.** हाथ बज्र औ ध्वजा बिराजै। काँधे मूँज जनेऊ साजै॥

*You hold a lightning bolt (mace) and a flag in your hands, and a sacred thread of Munja grass adorns your shoulder.*

**6.** संकर सुवन केसरीनंदन। तेज प्रताप महा जग बंदन॥

*O incarnation of Shiva and son of Kesari! Your radiance and glory are worshipped by the entire world.*

**7.** बिद्यावान गुनी अति चातुर। राम काज करिबे को आतुर॥

*You are highly learned, virtuous, and clever. You are always eager to perform Lord Rama's tasks.*

**8.** प्रभु चरित्र सुनिबे को रसिया। राम लखन सीता मन बसिया॥

*You delight in listening to the stories of the Lord. Rama, Lakshman, and Sita dwell in your heart.*

**9.** सूक्ष्म रूप धरि सियहिं दिखावा। बिकट रूप धरि लंक जरावा॥

*You appeared before Sita in a tiny form, but assumed a terrifying form to burn the city of Lanka.*

**10.** भीम रूप धरि असुर सँहारे। रामचंद्र के काज सँवारे॥

*Taking a giant form, you destroyed the demons and accomplished the missions of Lord Rama.*

**11.** लाय संजीवन लखन जियाये। श्रीरघुबीर हरषि उर लाये॥

*You brought the Sanjivani herb and revived Lakshman; Lord Rama embraced you with great joy.*

**12.** रघुपति कीन्ही बहुत बड़ाई। तुम मम प्रिय भरतहि सम भाई॥

*Lord Rama praised you highly, saying, "You are as dear to me as my brother Bharat."*

**13.** सहस बदन तुम्हरो जस गावैं। अस कहि श्रीपति कंठ लगावैं॥

*“The thousand-mouthed serpent (Shesha) sings your glory,” saying this, the Lord of Lakshmi (Rama) embraced you.*

**14.** सनकादिक ब्रह्मादि मुनीसा। नारद सारद सहित अहीसा॥

*Sages like Sanaka, Brahma, and other gods, along with Narada, Saraswati, and the King of Serpents, sing your praise.*

**15.** जम कुबेर दिगपाल जहाँ ते। कबि कोबिद कहि सके कहाँ ते॥

*Yama, Kubera, and the guardians of the directions—even poets and scholars—cannot fully describe your glory.*

**16.** तुम उपकार सुग्रीवहिं कीन्हा। राम मिलाय राज पद दीन्हा॥

*You did a great favor for Sugriva by introducing him to Rama and helping him regain his kingdom.*

**17.** तुम्हरो मंत्र बिभीषन माना। लंकेस्वर भए सब जग जाना॥

*Vibhishana followed your advice and became the King of Lanka, as the whole world knows.*

**18.** जुग सहस्र जोजन पर भानू। लील्यो ताहि मधुर फल जानू॥

*The sun is millions of miles away, yet you leaped to swallow it, thinking it was a sweet fruit.*

**19.** प्रभु मुद्रिका मेलि मुख माहीं। जलधि लाँघि गये अचरज नाहीं॥

*Carrying the Lord's ring in your mouth, you leaped across the ocean; it is no wonder for one like you.*

**20.** दुर्गम काज जगत के जेते। सुगम अनुग्रह तुम्हरे तेते॥

*All the difficult tasks in the world become easy by your grace.*

**21.** राम दुआरे तुम रखवारे। होत न आज्ञा बिनु पैसारे॥

*You are the gatekeeper of Rama's court. No one can enter without your permission.*

**22.** सब सुख लहै तुम्हारी सरना। तुम रक्षक काहू को डर ना॥

*All happiness is found in your shelter. When you are the protector, there is nothing to fear.*

**23.** आपन तेज सम्हारो आपै। तीनों लोक हाँक तें काँपै॥

*Only you can control your own radiance. All three worlds tremble at your roar.*

**24.** भूत पिसाच निकट नहिं आवै। महाबीर जब नाम सुनावै॥

*Ghosts and evil spirits do not come near when one utters the name of Mahavir.*

**25.** नासै रोग हरै सब पीरा। जपत निरंतर हनुमत बीरा॥

*All diseases are cured and all pains vanish when your name is chanted continuously.*

**26.** संकट तें हनुमान छुड़ावै। मन क्रम बचन ध्यान जो लावै॥

*Hanuman delivers from all troubles those who meditate upon him in thought, word, and deed.*

**27.** सब पर राम तपस्वी राजा। तिन के काज सकल तुम साजा॥

*Rama is the supreme King of ascetics, and you executed all his tasks.*

**28.** और मनोरथ जो कोई लावै। सोइ अमित जीवन फल पावै॥

*Whoever comes to you with any desire attains the immortal fruit of life.*

**29.** चारों जुग परताप तुम्हारा। है परसिद्ध जगत उजियारा॥

*Your glory prevails through all four ages; your fame illuminates the entire universe.*

**30.** साधु संत के तुम रखवारे। असुर निकंदन राम दुलारे॥

*You are the protector of saints and sages, the destroyer of demons, and the beloved of Rama.*

**31.** अष्ट सिद्धि नौ निधि के दाता। अस बर दीन जानकी माता॥

*You can bestow the eight supernatural powers and nine types of wealth; this was the boon given to you by Mother Sita.*

**32.** राम रसायन तुम्हरे पासा। सदा रहो रघुपति के दासा॥

*You possess the essence of devotion to Rama. May you always remain the servant of the Lord.*

**33.** तुम्हरे भजन राम को पावै। जनम जनम के दुख बिसरावै॥

*By singing your praise, one finds Rama and forgets the sorrows of many lifetimes.*

**34.** अंत काल रघुबर पुर जाई। जहाँ जन्म हरि-भक्त कहाई॥

*At the time of death, such a devotee enters the abode of Rama and is known as a devotee of God in every birth.*

**35.** और देवता चित्त न धरई। हनुमत सेइ सर्ब सुख करई॥

*One need not dwell on any other deity; serving Hanuman alone grants all happiness.*

**36.** संकट कटै मिटै सब पीरा। जो सुमिरै हनुमत बलबीरा॥

*All troubles cease and all pains go away for those who remember the powerful Hanuman.*

**37.** जै जै जै हनुमान गोसाईं। कृपा करहु गुरुदेब की नाईं॥

*Hail, hail, hail, Lord Hanuman! Bestow your grace upon me like a divine Guru.*

**38.** जो सत बार पाठ कर कोई। छूटहि बंदि महा सुख होई॥

*Whoever recites this a hundred times will be freed from bondage and enjoy great happiness.*

**39.** जो यह पढ़ै हनुमान चालीसा। होय सिद्धि साखी गौरीसा॥

*Whoever reads the Hanuman Chalisa will attain success; Lord Shiva is the witness to this.*

**40.** तुलसीदास सदा हरि चेरा। कीजै नाथ हृदय मँह डेरा॥

*Tulsidas is forever the servant of God. O Lord, please make my heart your home.*

## Closing Couplet (Doha)

पवनतनय संकट हरन, मंगल मूरति रूप।

राम लखन सीता सहित, हृदय बसहु सुर भूप॥

*O Son of the Wind, the destroyer of sorrows and the embodiment of fortune! Dwell in my heart along with Rama, Lakshman, and Sita.*

****

**Note**:

## The Eight Siddhis (Ashta Siddhi)

In the yogic tradition, *Siddhis* are extraordinary powers or perfections attained through intense meditation and spiritual practice.

1. **Anima:** The power to become infinitesimally small (smaller than an atom).
2. **Mahima:** The power to become infinitely large, expanding one's body to a giant size.
3. **Garima:** The power to become immensely heavy, such that no force can move you.
4. **Laghima:** The power to become weightless, allowing for levitation or extreme speed.
5. **Prapti:** The power of instant access to any place or object (the ability to "reach" anything).
6. **Prakamya:** The power to realize any desire or to live underwater/underground.
7. **Isitva:** The power of lordship over creation; the ability to control the laws of nature.
8. **Vasitva:** The power of absolute control over others and over one's own senses.

## The Nine Wealths (Nav Nidhi)

The *Nidhis* refer to the nine treasures of **Kubera** (the god of wealth), which Hanuman was granted the power to bestow upon his devotees by Mother Sita.

1. **Mahapadma:** Great lotus-like treasure (represents immense spiritual and material wealth).
2. **Padma:** Lotus treasure (represents purity and riches that stay for generations).
3. **Shankha:** Conch treasure (represents wealth linked to sound, victory, and fame).
4. **Makara:** Crocodile treasure (represents wealth gained through trade or the sea).
5. **Kacchapa:** Tortoise treasure (represents protected, steady, and long-lasting wealth).
6. **Mukunda:** Quick-silver or cinnabar treasure (represents artistic and refined wealth).
7. **Kunda:** Jasmine/Arsenic treasure (represents wealth in the form of precious metals).
8. **Nila:** Sapphire/Blue treasure (represents wealth that is solid and unchanging).
9. **Kharva:** Dwarf/Miscellaneous treasure (represents the cumulative small gains that build a fortune).

**Tip:** In Verse 31, the line is *“Ashta Siddhi Nau Nidhi ke Daata.”* By defining these this footnote, we clarify that Hanuman is not just a provider of "money," but a master of both the physical laws of the universe (Siddhis) and all forms of worldly prosperity (Nidhis).

*****

**Ref: ClaudeAI**

# The Sacred Hanuman Chalisa: A Comprehensive Essay

## 1. INTRODUCTION

### Who Is the Author?

The Hanuman Chalisa was composed by the great saint-poet Goswami Tulsidas (1532–1623 CE), one of the most revered figures in the Bhakti movement of medieval India. He was a devoted follower of Lord Rama and is also renowned for composing the monumental Ramcharitmanas — the epic retelling of the Ramayana in the Awadhi language of the common people.

Tulsidas was born in Rajapur (present-day Uttar Pradesh, India). From his very birth he was surrounded by divine mystery — it is said he was born after twelve months in the womb, had a full set of teeth at birth, and his first word was "Rama." Despite a difficult early life marked by abandonment and hardship, he grew into one of India's greatest spiritual poets.

### When and Where Was It Composed?

The Hanuman Chalisa is believed to have been composed around 1575–1580 CE, during the later years of Tulsidas's life. It was composed primarily at Varanasi (Kashi), the ancient and most sacred city of Hinduism, situated on the banks of the holy river Ganga. Varanasi was the spiritual home of Tulsidas, where he spent much of his life in devotion, writing, and pilgrimage.

### Under What Circumstances Was It Composed?

The most widely told account is both dramatic and deeply moving:

Tulsidas was arrested on the orders of the Mughal Emperor Akbar, who had heard of the saint's miraculous powers and demanded a demonstration. When Tulsidas humbly refused, saying he knew no miracles — only the name of Rama — he was imprisoned in Fatehpur Sikri.

While in prison, Tulsidas composed the Hanuman Chalisa as a prayer and cry for help to Lord Hanuman. Legend holds that thousands of monkeys soon descended upon the imperial city, creating such havoc and destruction that Emperor Akbar, convinced of the divine power at work, released Tulsidas immediately and set him free.

Whether historical or legendary, the story beautifully illustrates the faith of Tulsidas — that in his darkest hour, he turned not to kings or armies, but to the lotus feet of Lord Hanuman.

The word "Chalisa" comes from the Hindi word "Chalis" meaning forty — the composition contains exactly 40 verses (chaupais), plus a couplet of introduction (doha) at the beginning and one at the end.

## 2. **IMPORTANCE OF THE HANUMAN CHALISA**

The Hanuman Chalisa is not merely a devotional poem — it is considered a complete spiritual scripture in miniature form. Its importance can be understood on multiple levels:

**Spiritual Importance:**

It is a direct invocation of Lord Hanuman — who is regarded as the greatest devotee of Lord Rama, the embodiment of strength, wisdom, devotion, and selfless service. Reciting it is believed to bring the devotee directly under Hanuman's protection.

**Literary Importance:**

Composed in the Awadhi dialect, it is a masterpiece of simplicity, rhythm, and devotional depth. Each verse is compact yet overflowing with meaning. Even a child can memorize it, yet scholars spend lifetimes plumbing its depths.

**Cultural Importance:**

The Hanuman Chalisa is one of the most widely recited texts in the entire Hindu world. It transcends caste, region, language, and sect. From village temples to the courts of kings, from the Himalayas to the southern tip of India, it is chanted daily by tens of millions of people.

**Psychological Importance:**

Its recitation instills courage, confidence, and fearlessness in the devotee. Hanuman is the symbol of the victory of righteousness over evil, of the devoted soul over worldly fear. Many people recite it before entering any challenging situation in life.

## 3. **THE HANUMAN CHALISA — VERSES IN DEVANAGARI WITH ENGLISH TRANSLATION**

🔶 Opening Doha (Couplet)

**Doha 1:**

श्रीगुरु चरन सरोज रज, निज मनु मुकुरु सुधारि।
बरनउँ रघुबर बिमल जसु, जो दायकु फल चारि॥
Having cleansed the mirror of my mind with the dust of my Guru's lotus feet, I narrate the pure glory of Shri Raghuvara (Lord Rama), which bestows the four fruits of life — Dharma, Artha, Kama, and Moksha.

**Doha 2:**

बुद्धिहीन तनु जानिके, सुमिरौं पवन-कुमार।
बल बुद्धि बिद्या देहु मोहिं, हरहु कलेस बिकार॥
Knowing myself to be without intelligence or learning, I meditate upon you, O Son of the Wind (Hanuman). Please grant me strength, wisdom and knowledge, and remove my sorrows and impurities.

🔷 **The Forty Chaupais (Verses)**
1.
जय हनुमान ज्ञान गुन सागर।
जय कपीस तिहुँ लोक उजागर॥
Victory to Hanuman, ocean of wisdom and virtue. Victory to the Lord of monkeys, who illuminates all three worlds.

2.
राम दूत अतुलित बल धामा।
अञ्जनि-पुत्र पवनसुत नामा॥
You are the messenger of Rama, the abode of incomparable strength. You are known as the son of Anjani and the son of the Wind.

3.
महावीर विक्रम बजरंगी।
कुमति निवार सुमति के संगी॥
O great hero, mighty and thunderbolt-limbed, you dispel evil thoughts and remain the companion of righteous minds.

4.
कंचन बरन बिराज सुबेसा।
कानन कुण्डल कुञ्चित केसा॥
Your complexion is golden, your dress is beautiful. You wear earrings in your ears and your hair is curly.

5.
हाथ बज्र औ ध्वजा बिराजै।
काँधे मूँज जनेऊ साजै॥
In your hands shine the thunderbolt and the flag. On your shoulder rests the sacred thread of munja grass.

6.
संकर सुवन केसरीनंदन।
तेज प्रताप महा जग वन्दन॥
You are the son of Shankara (a form of Shiva) and the joy of Kesari. Your brilliance and glory are worshipped throughout the world.

7.
विद्यावान गुनी अति चातुर।
राम काज करिबे को आतुर॥

You are full of learning, virtue, and great cleverness. You are always eager to carry out Rama's work.

8.
प्रभु चरित्र सुनिबे को रसिया।
राम लखन सीता मन बसिया॥
You delight in hearing the glories of the Lord. Rama, Lakshmana, and Sita dwell in your heart.

9.
सूक्ष्म रूप धरि सियहिं दिखावा।
बिकट रूप धरि लंक जरावा॥
You appeared before Sita in a tiny form, and took a terrifying form to burn Lanka.

10.
भीम रूप धरि असुर सँहारे।
रामचंद्र के काज सँवारे॥
Taking a mighty form you destroyed the demons and fulfilled the tasks of Lord Ramachandra.

11.
लाय सजीवन लखन जियाये।
श्रीरघुबीर हरषि उर लाये॥
You brought the Sanjeevani herb and restored Lakshmana to life. Shri Raghuveer (Rama) embraced you joyfully.

12.
रघुपति कीन्ही बहुत बड़ाई।
तुम मम प्रिय भरतहि सम भाई॥
Raghupati (Rama) praised you greatly, saying: "You are as dear to me as my own brother Bharata."

13.
सहस बदन तुम्हरो जस गावैं।
अस कहि श्रीपति कंठ लगावैं॥
"Even the thousand-headed Shesha sings your glory," said Rama, and embraced you to his chest.

14.
सनकादिक ब्रह्मादि मुनीसा।
नारद सारद सहित अहीसा॥
The sages Sanaka and others, Brahma and other gods, Narada, Saraswati, and the lord of serpents —

15.
जम कुबेर दिगपाल जहाँ ते।
कबि कोबिद कहि सके कहाँ ते॥

— Yama, Kubera, the guardians of the directions — even poets and scholars cannot fully describe your glory.

16.
तुम उपकार सुग्रीवहिं कीन्हा।
राम मिलाय राज पद दीन्हा॥
You did a great favour to Sugriva — you united him with Rama and gave him back his kingdom.

17.
तुम्हरो मंत्र बिभीषन माना।
लंकेस्वर भए सब जग जाना॥
Vibhishana followed your counsel and became the king of Lanka — this is known throughout the world.

18.
जुग सहस्त्र जोजन पर भानू।
लील्यो ताहि मधुर फल जानू॥
The sun is thousands of yugas and yojanas away, yet you swallowed it thinking it a sweet fruit.

19.
प्रभु मुद्रिका मेलि मुख माहीं।
जलधि लाँघि गये अचरज नाहीं॥
Holding the Lord's ring in your mouth, you leapt across the ocean — no wonder, for nothing is impossible for you.

20.
दुर्गम काज जगत के जेते।
सुगम अनुग्रह तुम्हरे तेते॥
All the difficult tasks of the world become easy by your grace.

21.
राम दुआरे तुम रखवारे।
होत न आज्ञा बिनु पैसारे॥
You are the guardian at Rama's door. No one can enter without your permission.

22.
सब सुख लहै तुम्हारी सरना।
तुम रक्षक काहू को डर ना॥
All happiness is obtained in your shelter. With you as the protector, there is nothing to fear.

23.
आपन तेज सम्हारो आपै।
तीनों लोक हाँक तें काँपै॥
You alone can bear your own brilliance and power. All three worlds tremble at your roar.

24.
भूत पिशाच निकट नहिं आवै।
महावीर जब नाम सुनावै॥
Evil spirits and ghosts dare not come near the one who chants the name of the great hero Hanuman.

25.
नासै रोग हरै सब पीरा।
जपत निरंतर हनुमत बीरा॥
All diseases are destroyed and all pain is removed for one who continuously chants the name of brave Hanuman.

26.
संकट तें हनुमान छुड़ावै।
मन क्रम बचन ध्यान जो लावै॥
Hanuman frees from all troubles one who meditates upon him in thought, deed, and word.

27.
सब पर राम तपस्वी राजा।
तिन के काज सकल तुम साजा॥
Rama is the king of all ascetics. You accomplish all his works.

28.
और मनोरथ जो कोई लावै।
सोई अमित जीवन फल पावै॥
Whoever comes to you with any wish in their heart receives the boundless fruit of life.

29.
चारों जुग परताप तुम्हारा।
है परसिद्ध जगत उजियारा॥
Your glory pervades all four ages. Your fame illuminates the entire world.

30.
साधु-संत के तुम रखवारे।
असुर निकंदन राम दुलारे॥
You are the protector of saints and holy men, the destroyer of demons, and the beloved of Rama.

31.
अष्ट सिद्धि नौ निधि के दाता।
अस बर दीन जानकी माता॥
Mother Janaki (Sita) granted you the boon to bestow the eight supernatural powers (Siddhis) and the nine treasures (Nidhis).

32.
राम रसायन तुम्हरे पासा।
सदा रहो रघुपति के दासा॥
You hold the elixir of Rama's name. You remain forever the servant of Raghupati.

33.
तुम्हरे भजन राम को पावै।
जनम-जनम के दुख बिसरावै॥
Through devotion to you, one attains Rama and forgets the sorrows of countless births.

34.
अन्त काल रघुबर पुर जाई।
जहाँ जन्म हरि-भक्त कहाई॥
At the end of life one goes to Rama's divine abode, and wherever one is born again, one is known as a devotee of Hari.

35.
और देवता चित्त न धरई।
हनुमत सेई सर्व सुख करई॥
One need not hold any other deity in mind — service to Hanuman alone bestows all happiness.

36.
संकट कटै मिटै सब पीरा।
जो सुमिरै हनुमत बलबीरा॥
All troubles are cut away and all pain vanishes for one who remembers mighty Hanuman.

37.
जय जय जय हनुमान गोसाईं।
कृपा करहु गुरुदेव की नाईं॥
Victory, victory, victory to Lord Hanuman! Shower your grace upon me as a Guru bestows grace upon a disciple.

38.
जो सत बार पाठ कर कोई।
छूटहि बंदि महा सुख होई॥
Whoever recites this a hundred times is released from bondage and attains great happiness.

39.
जो यह पढ़ै हनुमान चालीसा।
होय सिद्धि साखी गौरीसा॥
Whoever reads this Hanuman Chalisa — Lord Shiva himself is witness — attains perfection and fulfillment.

40.
तुलसीदास सदा हरि चेरा।
कीजै नाथ हृदय मँह डेरा॥
Tulsidas is forever the servant of Hari (God). O Lord, please make your abode in my heart.

🔶 **Closing Doha**
पवनतनय संकट हरन, मंगल मूरति रूप।
राम लखन सीता सहित, हृदय बसहु सुर भूप॥

O Son of the Wind, remover of all distress, embodiment of auspiciousness — O King of the gods, please dwell in my heart together with Rama, Lakshmana, and Sita.

4. **WHO SHOULD RECITE IT — RULES FOR RECITATION**

**Who Should Recite It:**

**The Hanuman Chalisa is meant for everyone without exception** — men, women, children, the elderly, scholars, and the unlettered alike. It makes no discrimination of caste, religion, or social background. Even non-Hindus who are drawn to it with sincerity and reverence may recite it. Lord Hanuman is regarded as the most compassionate and accessible of all deities — he turns no sincere devotee away.

**Recommended Times for Recitation:**

Early morning (Brahma Muhurta) — between 4:00 and 6:00 AM — is considered the most auspicious time

Tuesday and Saturday are especially sacred to Hanuman

It may be recited any time during the day or night

Reciting it before sleep is believed to protect against nightmares and negative energies

**Traditional Guidelines:**

🛁 Cleanliness — bathe or at minimum wash hands and face before recitation
🧘 Sit facing east or north, in a calm, clean place
🪔 Light a lamp (diya) with ghee or oil before the image of Hanuman if possible
🌸 Offer flowers — red flowers are especially dear to Hanuman
🙏 Recite with full faith and concentration — the mind should not wander
📿 A Rudraksha mala (rosary) may be used for counting repetitions

The text should be recited clearly and at a measured pace, not rushed

**Seven consecutive days of recitation (saptah) is considered especially powerful**

Some traditions recommend 108 recitations for fulfillment of a specific desire

**What to Avoid:**

Reciting in a state of ritual impurity (during menstruation, after a funeral, etc.) — though many saints have relaxed such rules saying devotion is supreme

Reciting carelessly or mechanically without attention

Consuming meat, alcohol, or intoxicants on the day of recitation

## 5. **BENEFITS OF RECITATION**

The benefits attributed to the sincere recitation of the Hanuman Chalisa are numerous and span the physical, mental, and spiritual dimensions of life:

**Physical Benefits:**

- Relief from illness and chronic diseases (verse 25 directly states this)
- Protection of the home and body from negative forces
- Increased physical energy and vitality

**Mental and Emotional Benefits:**

- Removal of fear, anxiety, and depression
- Increased courage, confidence, and mental strength
- Peace of mind and relief from grief
- Protection against nightmares and disturbed sleep

**Material Benefits:**

- Removal of obstacles in work, business, and relationships
- Help in legal matters and situations of imprisonment or bondage
- Fulfillment of righteous desires and goals

**Spiritual Benefits:**

- Purification of the mind and heart
- Strengthening of devotion to God (especially Lord Rama)
- Protection from evil spirits and negative energies
- The grace of Lord Hanuman as a lifelong companion and protector
- Ultimately, the attainment of Moksha (liberation) — Rama's divine abode

## 6. **ADDITIONAL IMPORTANT POINTS**

**Hanuman — The Deity Behind the Prayer**

**To fully appreciate the Chalisa, one must know who Hanuman is:**

Lord Hanuman is the son of Vayu (the Wind God) and Anjani, a celestial nymph. He is one of the central figures of the Ramayana, where he serves Lord Rama with absolute, selfless devotion. He crossed the ocean to find Sita, burned Lanka with his tail, and carried an entire mountain to save Lakshmana's life. He is regarded as Chiranjeevi — an immortal — still present on earth wherever the Ramayana is sung.

He represents the ideal of Nishkama Karma — selfless action with no desire for personal reward.

**The Hidden Astronomical Reference**

Scholars have noted a remarkable verse — verse 18:
"Juug sahastra jojan par bhaanu..."
(The Sun is thousands of yugas and yojanas away)
When ancient units are calculated:
1 Yuga = 12,000 years
1 Sahastra = 1,000
1 Jojan = approximately 8 miles
The resulting calculation gives a figure remarkably close to the actual distance between Earth and the Sun (~93 million miles). This has astonished many researchers and is cited as evidence of the extraordinary scientific awareness embedded in this devotional text.

**The Chalisa as a Complete Philosophy**

**The Hanuman Chalisa subtly teaches some of the most profound truths of Hindu philosophy**:

- Guru Bhakti — the opening verse honors the Guru
- Humility — Tulsidas calls himself ignorant and weak
- The power of the divine Name — the name of Rama is the greatest force
- Seva (selfless service) — Hanuman's entire life is one of devoted service
- Fearlessness — the devotee under Hanuman's protection fears nothing
- Its Universal Appeal

**Perhaps most remarkably, the Hanuman Chalisa has crossed all boundaries. It is chanted by:**

- Hindu devotees in their daily worship
- Wrestlers and martial artists before training and competition
- Soldiers and police officers for courage
- Students before examinations
- Travelers before long journeys
- Patients in hospitals seeking healing
- Even many Muslims, Christians, and Sikhs who have experienced its power

It has been set to music in hundreds of styles — classical, folk, devotional, and even modern fusion — and has been recorded by some of India's greatest singers.

**Conclusion**

The Hanuman Chalisa is truly one of humanity's great spiritual treasures. In forty short verses, Tulsidas compressed a lifetime of devotion, a complete portrait of the ideal servant of God, and a practical manual for living a life free from fear. Whether one approaches it as theology, literature, psychology, or pure devotion, its power — felt by hundreds of millions across five centuries — speaks for itself.
**As Tulsidas himself wrote:**
"Jo yeh padhe Hanuman Chalisa, hoye siddhi sakhi Gauriisa"

Whoever reads this Hanuman Chalisa — Lord Shiva himself is witness — shall attain fulfillment.

*****

**Ref: Wikipedia**

The ***Hanuman Chalisa*** (Hindi: हनुमान चालीसा; Hindi pronunciation: [ɦənʊmaːn ʧaːliːsaː]; *Forty chaupais on Hanuman*) is a Hindu devotional hymn (*stotra*) in praise of Hanuman, and regularly recited by Hindus.[2][3][4][5][6] It was written by Tulsidas in the Awadhi language[2] and is the best known text from the *Ramcharitmanas*.[7][8]

Hanuman is a Hindu deity and a devotee of the Hindu god, Rama. He is one of the central characters of the *Ramayana*. According to the Shaiva tradition, he is also an incarnation of Shiva. The *Hanuman Chalisa* praises the power and other qualities of Hanuman including his strength, courage, wisdom, celibacy (brahmacharya), and devotion to Rama.[9]

**Etymology**

The word *chālīsā* is derived from *chālīs*, meaning the number 'forty' in Hindi, denoting the number of *chaupais* (quatrains) in the *Hanuman Chalisa* (excluding the couplets at the beginning and the end).[2]

**Authorship**

The *Hanuman Chalisa* was authored by Tulsidas, a poet-saint who lived in the 16th century CE.[10] Tulsidas, a Hindu saint-poet, reformer, and philosopher, was known for his devotion to Rama.[11] A composer of several popular works, he is best known for being the author of the epic *Ramcharitmanas*, a retelling of the *Ramayana* in the vernacular Awadhi language. Tulsidas was acclaimed in his lifetime to be a reincarnation of Valmiki, the composer of the original Ramayana in Sanskrit.[12] Tulsidas lived in the city of Varanasi until his death.[13] The Tulsi Ghat in Varanasi is named after him.[11] He founded the Sankat Mochan Hanuman Temple dedicated to Hanuman in Varanasi, believed to stand at the place where he had the sight of Hanuman.[14] Tulsidas started the Ramlila plays, a folk-theatre adaption of the Ramayana.[15] He has been acclaimed as one of the greatest poets in Hindi, Indian, and World literature.[16][17][18][19] The impact of Tulsidas and his works on the art, culture and society in India is widespread and is seen to date in vernacular language, Ramlila plays, Hindustani classical music, popular music, and television series.[15][20][21][22]

**Deity**

Hanuman, the Hindu deity to whom the prayer is addressed, was an ardent devotee of Rama (the seventh avatar of Vishnu) and a central character in the *Ramayana*. A general among the vanaras, Hanuman was a warrior of Rama in the war against the rakshasa king Ravana. Hanuman's exploits are much celebrated in a variety of religious and cultural traditions,[23] particularly in Hinduism, to the extent that he is often the object of worship

according to some bhakti traditions,[24] and is the prime deity in many temples known as Hanuman mandirs.

### Structure

The work consists of forty-three verses – two introductory dohas, forty chaupais, and one doha in the end.[2] The first introductory doha begins with the words '*shrī guru*,' referring to Shiva, who is considered the guru of Hanuman.[25] The auspicious form, knowledge, virtues, powers and bravery of Hanuman are described in the first ten Chaupais.[26][27][28] Chaupais eleven to twenty describe the acts of Hanuman in his service to Rama, with the eleventh to fifteenth Chaupais describing the role of Hanuman in reviving Lakshmana.[26] In the twenty-first Chaupai, Tulsidas describes the need of Hanuman's *kripa* (transl. divine grace).[29] At the end, Tulsidas greets Hanuman with subtle devotion[30] and requests him to reside in his heart and in the heart of devotees.[31] The concluding doha again requests Hanuman to reside in the heart, along with Rama, Lakshmana, and Sita.[32]

### Theological significance

The text expounds on Hanuman as not only a devotee of Rama but significant as a deity in his own right. Furthermore, the text describes Hanuman's strength, speed, knowledge, and devotion. Devotion (*bhakti*) is emphasized throughout. It is described in the text that one who recites the Chalisa will be granted protection, spiritual merit, and even liberation.[33]

### Ritual

The *Hanuman Chalisa* is recited by millions of Hindus every day,[5] and many practising Hindus know its text by heart.[34] Traditionally, Tuesday and Saturdays are devoted to Hanuman and the Chalisa is recited then.[33]

### Commentaries

**P**Before the 1980s, no commentary had been composed on the *Hanuman Chalisa*, which Rambhadracharya attributes to the work not being included in printed editions of collected works of Tulsidas.[2] Indubhushan Ramayani authored the first brief commentary on *Hanuman Chalisa*.[2] Rambhadracharya's *Mahaviri* commentary in Hindi, authored in 1983,[2] was called the best commentary on *Hanuman Chalisa* by Rama Chandra Prasad.[35]

### In popular culture

### Classical and folk music

The *Hanuman Chalisa* is one of the best selling Hindu religious books and has been sung by many popular bhajan, classical and folk singers.[34] The rendition of *Hanuman Chalisa* by Hari Om Sharan, originally released in 1974 by the Gramophone Company of India and re-released in 1995 by Super Cassettes Industries,[36] is one of the most popular, and is

regularly played at temples and homes across Northern India.[34][37] This rendition is based on traditional melodies in the Mishra Khamaj, a raga belonging to the Khamaj That,[36] with the base note taken at the second black key (*kali do*) of the harmonium.[36] A recording based on the same traditional melodies was released in 1992 by Super Cassettes Industries, with Hariharan as the singer and Gulshan Kumar as the artiste.[36]

Other notable renditions include those by bhajan singers Anup Jalota and Ravindra Jain, Hindustani vocalists Pandit Jasraj and Rajan and Sajan Mishra, and the Carnatic vocalist M.S. Subbulakshmi.[36] The renditions by Unni Krishnan, Nithyasree Mahadevan, Pandit Bhimsen Joshi, Ganapathi Sachchidananda Swamiji and Morari Bapu are also popular.[38]

Among western singers Krishna Das has performed the Hanuman Chalisa in both slow and fast formats.[39]

**Popular movies**

In the Hindi movie *1920* (directed by Vikram Bhatt), *Hanuman Chalisa* is frequently used in different scenes. One of the scenes show the protagonist Arjun Singh Rathod (played by Rajneesh Duggal), reciting the *Hanuman Chalisa* in full. It is used in an important sequence in *Bajrangi Bhaijaan,* when the protagonist fights back against child traffickers and rescues a little girl from them.[40]

An animation movie named *Shri Hanuman Chalisa* directed by Charuvi Agarwal and designed by Charuvi Design Labs is a film on Hanuman.[41][42]

**Popular music**

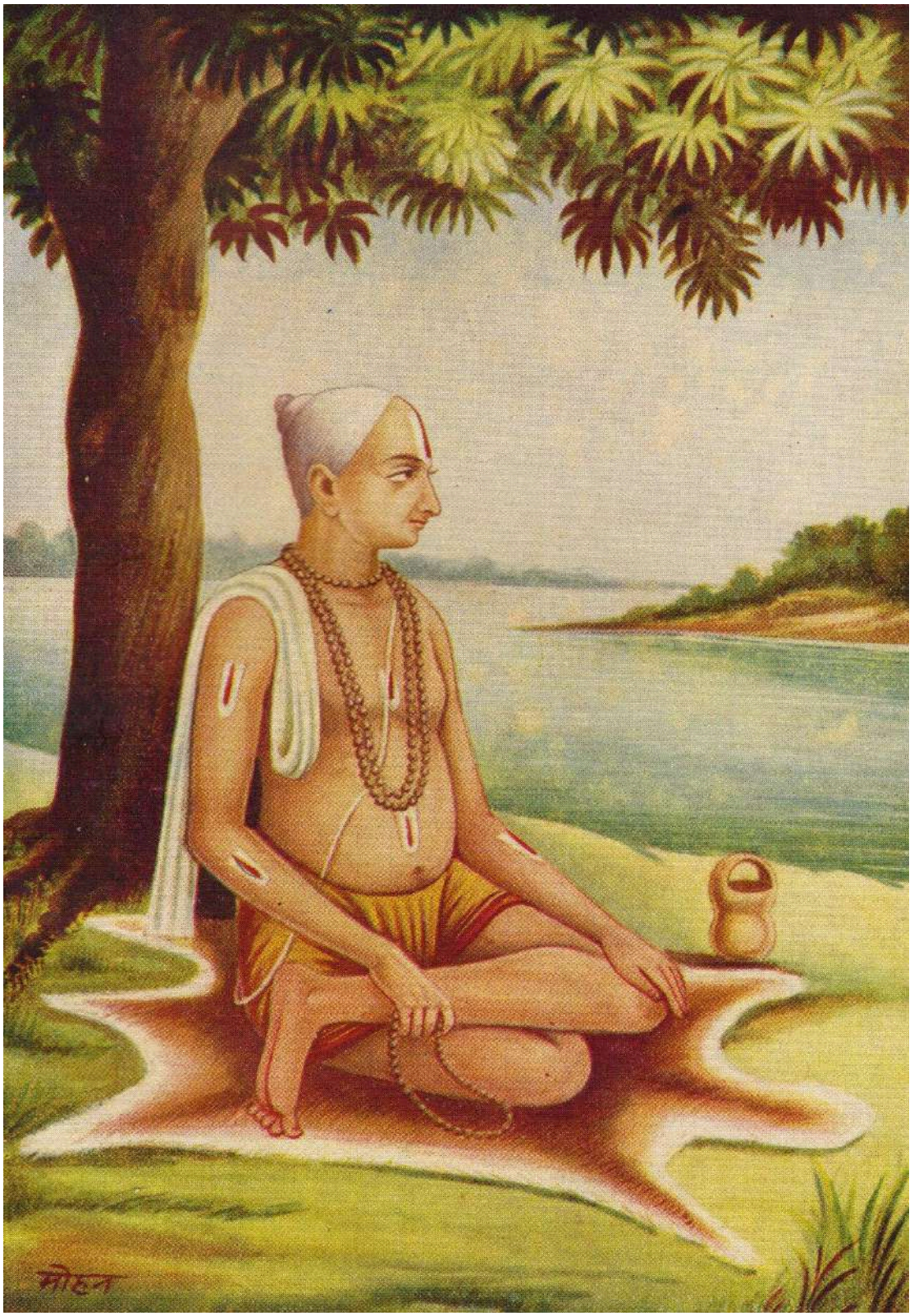
Popular singers who have sung the *Hanuman Chalisa* include Carnatic singer M. S. Subbulakshmi, as well as Lata Mangeshkar, Gulshan Kumar, Mahendra Kapoor, S. P. Balasubrahmanyam, Shankar Mahadevan, Anuradha Paudwal, Kailash Kher, Sukhwinder Singh, Sonu Nigam, Hariharan, and Udit Narayan.[34]

The *Hanuman Chalisa* was sung by Amitabh Bachchan in chorus with twenty other singers.[34] This recording was released as a part of the *Shri Hanuman Chalisa* album in 2011 and received an unprecedented response by the releasing music label during November 2011.[43]

A rendition of *Hanuman Chalisa* sung by Hariharan became the first devotional song and first on YouTube to cross 5 billion views in November 2025

****

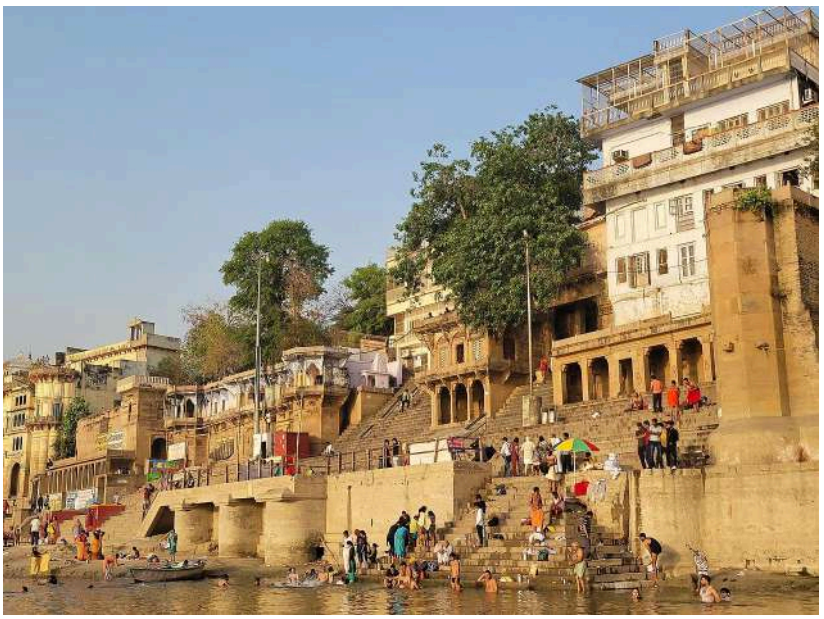
**Photos**




Picture of Tulsidas

Hanuman Chalisa

From left – Hanuman, Bharata, Rama, Sita and Lakshmana.



Home of Tulsidas on the banks of River Ganga Tulsi Ghat Varanasi where Hanuman Chalisa was written. A small temple is also located at this site.

*****

**Videos**

Hanuman chalisa…Gulshan kumar. Hariharan (9 min):
https://youtu.be/AETFvQonfV8?si=CrSPqkUTbaWr3LrE

Hanuman chalisa…Shreya ghoshal et al (9 min):
https://youtu.be/gLZO6O9v-IY?si=i3TsNdV7wtdOfBX2

Hanuman chalisa…superfast (4 min):
https://youtu.be/SgjzC1IvfC0?si=sNaysgFKzDS9DkPa

Hanuman chalisa with lyrics (6 min):
https://youtu.be/_p18jp9f1y8?si=GEkVNDvVLQ3BnUtG

Hanuman chalisa Ashtak…Gulshan Kumar, Hariharan (46 min):
https://youtu.be/LUx8wlA_dk8?si=NGkTR2pPEbRLcX6b

Hanuman chalisa and Aarti (14 min);
https://youtu.be/tMYE0UJUNK8?si=iSVQ7UqzC8OhdngJ

***

**Note: At the end of this ebook, two pages are included, giving (I) Author info, and (ii) a master link and QR code to download all my Technical (viz. Thermodynamics, Heat Transfer, and Cryogenic Engineering) ebooks plus Spiritual ebooks, stored in archive.org.**

***

**About the Author**

Dr. M. Thirumaleshwar is a Mechanical Engineer with specialization in Cryogenics. He obtained his B. E. In Mechanical Engineering from Karnataka Regional Engg College, (Now NITK), Surathkal, India and M.Sc. in Cryogenics from the University of Southampton, U.K., and Ph.D. from the Indian Institute of Science (IISc), Bangalore.

He has worked in prestigious organizations such as BARC, Bombay and Centre for Advanced Technology (CAT), Indore,as Head of Cryogenics Dept and contributed to the design of cryogenic systems, including the Thermovac chamber for ISRO, Bangalore.

He was also a visiting fellow at Superconducting Super Collider Project, at Texas, USA.

He has also served as Professor, Head of Department, and Principal in reputed engineering institutions.

Dr. Thirumaleshwar has authored a large number of FREE ebooks on Engineering subjects such as Thermodynamics, Heat Transfer, and Cryogenic Engineering, which are useful for students and teachers.

Driven by a deep interest in India's spiritual heritage, he has also authored many FREE ebooks on Temples, Saints, Gurus, and Vedic topics, with the aim of preserving and spreading this knowledge to future generations.

All his ebooks are available for free download at Archive.org.

****

**Where to Download all my free ebooks (Engineering + Spiritual):**

All my ebooks on Engineering (Thermodynamics, Heat Transfer, Cryogenic Engineering), Temples, Saints, Gurus, and Vedic topics are available for free download from Archive.org.

**Master Link (All Books):**

https://archive.org/search?query=creator%3A%22Dr.%20M.%20Thirumaleshwar%22

**Scan the QR code to access all free ebooks:**

**QR code to access all my free ebooks**

**All books are free to download and share for educational and spiritual purposes.**

***

**Dr. M. Thirumaleshwar**
**April 30, 2026**

****